

## NEHC NUTRI-FACTS

# Food Facts

### ***BREAD, CEREAL, PASTA, AND RICE***

*Why should you choose whole grain products?*

Whole grain foods provide vitamins, minerals, and dietary fiber. Whole grains take longer to digest, which allows more nutrients to be broken down and absorbed. In addition, whole grains may help reduce the risk of heart disease and certain cancers. They are also concentrated sources of protective antioxidants and other phytochemicals.

*How can you find out which products contain whole grains?*

- **Look at the ingredients.** Whole grain products will list a whole grain such as wheat, oats, rice, or corn as one of the first few ingredients. Look for the words such as “whole” or “whole grain” before the name of origin.
- **Look for the whole grain seal.** Some manufacturers make it easier for consumers to identify whole grain products. For example, General Mills stamp whole grain foods with the seal seen below.



- **Look for the whole grain health claim.** The government regulates these claims and the products with them listed on them. Whole grain foods need to meet certain requirements to carry this claim on the product label.

*What are the current recommendations for dairy products for a healthy diet?*

Out of the six to eleven servings of bread, cereal, rice, and pasta daily that are recommended, at least **three** should be whole grain products.

*What are the serving recommendations for breads, cereal, rice, and pasta?*

Food	Serving Size
Bread (white, wheat, rye, pumpernickel)*	one slice
Rice, cooked*	1/3 cup
Pasta*	1/2 cup
English muffin	1/2

\* Choose whole grain varieties.

## CHOOSING HEALTHY BREAD, CEREAL, PASTA, AND RICE PRODUCTS

*What key things should you look for when you are shopping for bread, cereal, pasta, rice?*

- Choose products that contain at least 3 grams of fiber and less than 3 grams of fat per serving.
- Look for “whole” grains in the ingredients.
- Look for minimal added sugar, especially when shopping for cereal.

*What brands should you select?*

Check out the following products, but do not limit to just those listed. Read the label to determine if it fits the “healthy criteria.”

### **Breads:**

#### *Grams of fiber:*

Nature’s Own Healthline double fiber	5
Pepperidge Farm Whole Grain	3
Dutch Country 100% Whole Wheat	3
Natural Grain 100% Whole Wheat	3

### **Cereals:**

Raisin Bran	7
Frosted Mini Wheats	6
Fiber One	14
Kashi Go Lean	10
All Bran	10
Kashi Good Friends	12

### **Crackers:**

Reduced Fat Triscuits	3
Ry Krisps	3

### **Pasta:**

Hodgson Mill	6
--------------	---